



City of Yonkers

Department of Parks, Recreation & Conservation
285 Nepperhan Avenue | Yonkers, NY 10701



WINTER 2021-22

Community Recreation

yonkersny.gov
register.communitypass.net/yonkers





MISSION STATEMENT

The Department of Parks, Recreation and Conservation operates and maintains, in partnership with the residents and visitors, a recreational system which enriches the quality of life for the present and future generations in a safe, enjoyable and affordable environment.

GUIDING PRINCIPLES

- Commits to serving and providing recreational opportunities to the best of our ability with respect and courtesy
- Encourages team work and mutual support with our employees and volunteers
- Provide stewardship of the City's Park Facilities



Mayor Mike Spano

CITY OF YONKERS

YonkersNY.gov

Dear Resident:

Winter is a great time to explore everything the City of Yonkers has to offer and our Parks Department offers many great programs to keep you and your family active all season long.

Ice skating and hockey at Yonkers' E.J. Murray Memorial Skating Center is a Yonkers winter tradition like no other for residents and visitors alike. The rink located at 348 Tuckahoe Road, offers popular skating lessons, adult and youth hockey and so much more. The new entrance, offices and mezzanine level at Murray's welcomes you.

While the weather outside is chilly, it's nice and warm at our indoor swimming facility at Mark Twain Pool, our approved training center for Aquatics. There's many community recreation offerings there this winter season that are fun, challenging and it's a great way to meet new friends.

In addition, stay tuned for pop-up programs and outdoor activities throughout the winter as weather permits.

The community is looking for outdoor recreation and healthy activities during these times. Our Yonkers Parks now include five fitness areas at O'Boyle, Barton, Coyne, Stefanik and Singlak-Keegan (at the Water Tower) Parks with varying degrees of fitness equipment. The accessible equipment at Coyne Park is adjacent to the new outdoor pavilion, where shortly you will enjoy a wide array of outdoor games and activities. War Memorial Field offers a large walking/running track for your enjoyment or you can discover any of our 78 parks located in neighborhoods throughout Yonkers.

Upgrades will be coming this spring to Columbus Park (including a new outdoor fitness area) and to Lohrfink Park amongst others.

Thanks to the committed Parks Department staff for all their dedication and hard work. Remember, although it's winter, personal fitness and recreation is still important for the mind and body and our city parks and playgrounds are always open for business!

If you ever have a question or concern, please don't hesitate to call the Office of Parks, Recreation & Conservation at 914.377.6450. For urgent concerns, call my 24-hour helpline at 914.377.HELP (4357) or email me personally at mayor@yonkersny.org.

Have a safe and enjoyable winter!

MIKE SPANO
Mayor



cityofyonkers
mayormikespano



mayormikespano



@cityofyonkers
@mayormikespano



cityofyonkers



@cityofyonkers
@mayormikespano



@cityofyonkers914

message from **MAYOR MIKE SPANO**

Be Part of YONKERS THIS WINTER



AQUATICS

Hydroevolution Workout is a 3-dimensional aquatic resistance strength class run by Aquatics professionals here in Yonkers. It's a fun and great way to meet new friends!

SKATING CENTER

E.J. Murray's Memorial Skating Center is one of the premier winter facilities in Westchester and has undergone \$2.3 million worth of renovations, including a newly created upper mezzanine viewing level. Whether you're a seasoned pro or first-time skater, Murray's is for you!



ANIMAL SHELTER

Yonkers' 11,000 sq. ft. Animal Shelter focuses on adoption. Be sure to stop by 1000 Ridge Hill Blvd. to enjoy quality one-on-one time with a prospective new pet.



CITY COUNCIL

Lakisha Collins-Bellamy, President
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Corazon Pineda-Isaac, 2nd District
Tasha Diaz, 3rd District
John Rubbo, 4th District
Mike Breen, 5th District
Anthony Merante, 6th District

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YONKERS YOUTH BUREAU

Jennifer Villa - Director of Youth Services

E.J. MURRAY MEMORIAL SKATING CENTER

Eileen Sullivan - Rink Manager

YONKERS ANIMAL SHELTER

Almira Simpson
Animal Control Officer
Anthony Vezzuto
Deputy Animal Control Officer

COYNE PARK RIFLE RANGE

Christopher Rotolo
Range Officer

General Information

City of Yonkers Department of Parks, Recreation and Conservation
285 Nepperhan Avenue, Yonkers NY 10701

Monday - Friday 8:30 am to 4:30 pm, 914-377-6450

REGISTRATION: Registration is on a first-come, first-served basis until programs are full. **MAIL-IN REGISTRATION IS NOT ACCEPTED.**

PAYMENT OPTIONS: We only accept a Cashier's Check, Money Order, Visa, MasterCard, and Discover Card. No cash is accepted.

ONLINE REGISTRATION: The best way to maximize your chance of securing a spot in any program is to register online as soon as registration begins. You can make a online payments using Visa, MasterCard or Discover Card.

COVID 19 RESTRICTIONS: All current CDC guidelines must be followed. Masks/face coverings are required indoors for all programs until further notice.

AGE REQUIREMENTS: Age is determined as of the date of the first class unless otherwise specified. An adult class is for ages 18 years and older.

ABSENCES: Classes are not made up due to a participant's personal absence. Classes cancelled to inclement weather will be rescheduled. We reserve the right to reschedule classes on an as-needed basis.

REFUND POLICY: Full refunds will be issued for any program cancelled by the Department of Parks, Recreation and Conservation (Parks Department). Full refunds will be issued for a medical reason before a program begins when accompanied by a doctor's note. After a program begins, a pro-rated refund will be issued based on the number of sessions attended, when accompanied by a doctor's note. The Parks Department will grant a refund request if received at least ten (10) business days before the program's first session. Refunds for trips will not be granted unless the spot can be filled from the waiting list. Ten dollars (\$10) or ten percent (10%) of the fee, whichever is higher, will be charged for processing refunds that are approved. Please allow several weeks for processing refunds. Bounced checks and credit card charge cancellations will carry a \$35 processing fee.

INCLEMENT WEATHER: The best way to receive quick and accurate information about program cancellations is to call the Parks Department Hotline at 377-6454 or listen to WFAS. Please make sure we have your most updated email address in your Community Pass registration account to receive programming updates and cancellation notices.

SINCERE APPRECIATION: We would like to thank the Yonkers Public Schools for the use of their facilities and appreciate the efforts of their staff.

SPECIALISTS NEEDED: If you have a special skill and would like to teach a class for the Parks Department, please call 377-6436.

PROGRAM BEHAVIOR: Participants are expected to exhibit appropriate behavior at all times. The following rules make programs safe and enjoyable for everyone. Participants shall show respect to all participants and staff. Refrain from using foul language. Refrain from causing bodily harm to other participants and staff. Show respect for equipment, supplies and facilities. The City of Yonkers reserves the right to remove anyone from our programs.



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**The Parks Department is now offering
a limited number of scholarships
for our Camp, Little Learners, Skating
and Aquatics Programs.
For more information, please visit
www.yonkersny.gov/parks or call 377-6436.**



REGISTER ONLINE • register.communitypass.net/yonkers

ONLINE REGISTRATION BEGINS

- Pre-K Recreation
- Youth Recreation
- Teen Recreation
- Adult Recreation



**Wednesday
December 15
at 8:00 PM**

AQUATICS: Tuesday, December 21 at 8:00 PM

***Swim Placement (Water Testing): Tuesday, December 21, 6:00 – 8:00 PM**
Mark Twain Pool, 160 Woodlawn Avenue

SWIM PLACEMENT REQUIREMENTS: If your child has not participated in our program, and has some water experience, you must bring them to swim placement for correct placement in our swim classes. Swim placement is not necessary if you know your child is a White/Red (Beginner) in Starfish Swim School®, StarBabies™, StarTot™, Swim School for Teens and Swim School for Adults.

- Registration is open for all programs at E.J. Murray Memorial Skating Center
- Project Friendship: to register call (914) 377-6438
- Registration is not required to attend the Teen and Adult Recreation Center or Senior Citizen Centers/Programs

Register Online at

<https://register.communitypass.net/yonkers>

Community Pass Registration Service

Register yourself or your entire family for recreation programs around the clock.

Requirements

You must pay with a Visa, MasterCard or a Discover Card, and need a valid e-mail address.

Setting Up An Account

Go to <https://register.communitypass.net/yonkers>
Click on: "Create an Account" at the bottom. Complete the account forms. Make note of your User Name and Password.

To Add More Family Members

Click on "View Account" under useful links. Then click either "Add Child" or "Add Adult." After you have added your family members, click "Home" at top.

On Registration Day

- STEP 1.** Go to <https://register.communitypass.net/yonkers>. Log in with User Name and Password in the "Existing Users" section at right.
- STEP 2.** Click "Register Now". Select the "Season" of interest to you. Examples: "Community Recreation– Winter 2019"
- STEP 3.** Verify your family information.
- STEP 4.** Select the desired "Group" at left. Select the desired programs. Click "Add to Cart."
- STEP 5.** On the "Select Participants" page, click the box next to the people you are registering, then click "Continue."
- STEP 6.** When the "Shopping Cart" page is complete, click "Continue to Checkout."
- STEP 7.** Make payment with Visa, Mastercard, Discover Credit/Debit Card. CapturePoint/Community Pass will send you an e-mail receipt that will confirm your successful registration.

How to Avoid Cancellations

Please register in advance to avoid program cancellations. A certain number of participants is required in order for a program to move forward. Every effort will be made to avoid cancelling a program. However, if this does occur, an announcement will be made in advance of the first meeting date.

****Limited spots available. Priority registration will be given to Spring 2020 participants***



Permit Division

The Permit Division is responsible for issuing permits for a wide variety of recreational activities. All permits can be obtained by visiting www.yonkersny.gov/parks. Click on "Forms & Permits" on the left hand side of the screen.

INDOOR PERMITS are required for all Board of Education Facilities and our Community Centers. Board of Education and Indoor Permit applications are available August 1 and due September 30. For additional information please call 377-6438.

OUTDOOR PERMITS are required for activities or events held at all parks facilities. Permits are required for all tournaments, the turf fields at Fleming and Pelton Fields and the picnic facilities at Redmond Park and the JFK Marina. **NOTE:** The Redmond Pavillion will be unavailable for the beginning of the 2022 picnic season. Spring and Summer outdoor field applications are available on March 1. Spring permit applications are due April 1. Summer permit applications are due on June 1. Fall outdoor applications are available August 1 and due September 1. For additional information please call 377-6440.

MOBILE CONCESSIONS PERMITS are required and obtained through the Parks Department. For additional information on Mobile Concession Permits please call 377-6440.

LIBRARY SPECIAL EVENT APPLICATIONS are available year-round. For additional information please call 375-7947.

SPECIAL EVENTS PERMIT APPLICATIONS are required for events held within the City of Yonkers. This includes any event that will preempt normal use of city space by the general public. For additional information please call 377-6427.

WEDDING CEREMONY/PHOTOS A permit is required to take photographs and videos inside beautiful and historic Untermyer Park, located at 945 North Broadway (see photo, top right). Applications are available March to November. For additional information please call 377-6427.

COMMERCIAL VIDEO & PHOTO PERMITS are required for any filming in Yonkers. For additional information please call 377-6059.

JFK MARINA - ANNUAL AND DAILY PERMITS Daily and annual permits are available at the marina.

Season begins March 2022 till October 2022

The JFK Marina is located off Warburton Avenue on John F. Kennedy Memorial Drive. Boat launching is available by permit from dawn to dusk, seven days a week for an Annual Resident/Non-Resident Fee of \$50/\$100 for Canoe or Kayak, \$150/\$300 for Jet Ski, and \$200/\$400 for Motorized Boats and Watercrafts. Day passes are also available on location for Residents/Non-Residents as follow: \$10/\$20 for Canoe or Kayak, \$20/\$40 for Jet Ski, \$30/\$60 for Motorized Boat or Watercrafts. Parking Fees: Friday – Sunday and holidays. Resident: \$5, Non-Resident: \$10. For additional information call 377-6427.



COMMUNITY RECREATION \$CHOLARSHIPS

The City of Yonkers Department of Parks, Recreation and Conservation is now offering a limited number of scholarships for our Camp, Aquatics, and Skating Programs. Our scholarship program is meant to assist those who would not normally be able to participate in our programs by supplementing fees with scholarship funds made available to Residents. Scholarships are available first-come, first service to those who meet the criteria.

Applications accepted as follows:

Camp Rays, Pre-K Camp, Camp Pride and Little Learners
January 1 – March 31, 2022

Aquatics and Skating Programs
Year-round – must be submitted a minimum of 2 months prior to requested session

For more information and an application please visit www.yonkersny.gov/parks or call 377-6436.

SPECIAL RECREATION EVENTS



YONKERS IDOL COMPETITION
Auditions • Registration Required
Spring Auditions Coming Soon



SPECIAL RECREATION EVENTS



YONKERS EASTER EGG HUNT

Saturday, April 16, 2022 • War Memorial Field - Copcutt Lane
(behind the Parks Department at 285 Nepperhan Avenue)

Bring your camera and join us for some fun with the Easter Bunny!
This event is for children up to 10 years old...Rain or Shine

Children are divided into the following groups for the hunt:

4 years old and under 10:00 AM

5 to 7 years old 10:30 AM

8 to 10 years old 11:00 AM

SPRING TRACK RACES

Boys and Girls, ages 4-14

Saturday & Sunday Mornings in April and May

Held at Roosevelt or Lincoln High School Track



Spring Dance

SENIOR CITIZEN SPRING DANCE

Theme: TBD

Thursday, April 7, 2022

10:00 AM - 2:00 PM

Free admission, entertainment, and surprises!

For more information on the Recreation Events please call 377-6450.



SUMMER CAMP 2022

The City of Yonkers is excited to offer These Summer Camp Programs!



Ages: 5-14 years

Fun for children 5-14 years old; campers must be 6 by December 31, 2021 and entering 1st grade in September. Choose from four conveniently located sites. Camp hours are 8:00 AM – 5:00 PM. Campers will enjoy a variety of indoor and outdoor activities plus exciting trips.

Pre-K Summer Camp

Ages: 3-5 years

A fun experience for our young campers with various outdoor and indoor activities. Campers must be completely toilet-trained (no diapers or pull-ups). Parents can select three or six weeks of morning fun at one of our three sites. Camp hours are 9:00 AM - 12:00 PM.

Camp Pride

Ages: 5+

A fun summer experience, for the developmental disabled community members. A full day camp program that will excite campers with numerous on-site and off-site activities. Parents/Guardians can select three or six weeks of camp. Transportation, breakfast, and lunch are provided. All campers must be fully toilet-trained and not need 1 to 1 services. No admission or re-admission to this camp is final until determined by the Parks Department.

***Stay tuned! All specific camp details will be in our Spring/Summer Brochure.
For more information, please call 377-6450.***



PRE-K RECREATION



Little Learners Half Day Pre-K Program Term 1 & 2

Children 3 and 4 years of age are introduced to a variety of recreational and educational learning experiences through activities such as arts and crafts, music, drawing, and story-telling. Activities are designed to develop and enhance the basic principles of sharing, communication, and social interaction. Requirements: Children must be toilet trained (no diapers or pull-ups). Term 2 begins February 2022.

Registration will begin in July. For more information, please call 377-6438.

*Scholarships now available for our
Camp and Little Learners Program!
Please see page 9 for more information.*

Pre-Ballet for Pre-K

Instructor: Elisa Bonneau

An introduction to basic ballet technique while enjoying dance exercises in a cheerful atmosphere. Children learn to move across the floor, line up, share, take turns, and express themselves through movement games.

Maximum 10 students per class. **Requirements:**

Footwear: Ballet shoes with either leather soles or soles with a leather strip/patch. Attire: Dancewear/form-fitting clothes. Wear leotards and tights only.

No ballet skirts or costumes. Children should not wear rings, bracelets or necklaces.

Dates: Wednesdays, starting January 19
Fridays, starting January 21

Fee: \$95 for 12 classes, Non-residents \$120

WEDNESDAYS (with Elisa)

Yonkers Montessori Academy

160 Woodlawn Avenue

Ages 3 – 4.5 years | 4:00 - 4:45 pm

Ages 4.5 – 5 years | 4:50 - 5:35pm

FRIDAYS (with Elisa)

Yonkers Montessori Academy

160 Woodlawn Avenue

Ages 3 – 4.5 years | 4:00 - 4:45 pm

Ages 4.5 – 5 years | 4:50 - 5:35 pm



YOUTH/TEEN RECREATION

Kids Sketch and Paint FUN-damentals 101

Instructor: Diana Capasso

This class offers broad based beginner techniques where Children learn the FUN-damentals of how to create their own unique works of art by using multiple sketch techniques along with watercolor wax transfer and acrylic painting methods. Supply fee: \$20 cash fee due to instructor at first class

Ages: 9-14 years

Dates: Wednesdays, starting January 19

Time: 5:30 – 6:30pm

Location: Cola Community Center
945 North Broadway

Fee: \$95 for 12 classes, Non-residents: \$120

Crafty Kids

Instructor: Diana Capasso

Boys and girls create fun crafts by exploring a variety of art styles from Picasso masks and American Indian dream catchers and rain sticks to working with Mother Nature's stone, sand, feathers, shells and wooden beads. Kids will be wowed with recyclables and what they can become. Also create and customize denim patches, jewelry crafts for those who like to wear their art, seasonal themed projects, and the big favorite: SLIME.

Age/Time: 5 - 6 years.....4:30 - 5:30 pm
7 - 9 years..... 10:00 - 11:00 am

Dates: Wednesdays, starting January 19

Location: Cola Community Center
945 North Broadway

Fee: \$95 for 12 classes, Non-residents: \$120

Chess

Instructor: Victor Mairena

Students become familiar with the board, pieces, notation, how the pieces move, opening & defense at all levels. Chess teaches children strategies and how to live by them.

Ages: 5 -12 years

Dates: Saturdays, starting January 22

Time: Beginner9:00 - 10:00 am
Intermediate 10:00 - 11:00 am
Advanced..... 11:00 am -12:00 pm

Location: Roosevelt H.S. • 631 Tuckahoe Road

Fee: \$95 for 12 classes, Non-residents: \$120

American Safety & Health Institute Certified Baby-Sitting Training (One Day Course)

Instructor: Tabitha Alston

We recognize the importance of being trained to supervise children. Skills such as handling emergencies, giving basic first aid, and caring for children will be discussed. A "Course Certification Card" is issued to those who pass the course. All students receive a Baby-Sitter's Handbook. A light snack is permitted. **Requirements:** Students must be 11-15 years of age at time of registration and **MUST pre-register** for this course according to the schedule below. Each student must bring a baby doll. **PARENTS:** Please arrive at 8:45 AM so the class can start on time.

Ages: 11 - 15 years

Dates: February 5 or April 2

Time: 9:00 am - 1:30 pm

Location: Nodine Hill Community Center
140 Fillmore Street
Inside Fleming Field parking lot

Fee: \$47 for everyone

Supply Fee: \$15 for supplies noted above
(cash only, to instructor at class)



YOUTH/TEEN RECREATION

Voice for Beginners

Instructor: Wendy Mitchell

Enjoy learning the basics of vocal technique and performance. Students receive a solid foundation of producing their own healthy sound and hints about how to confidently share their gifts with others. Last class includes a recital for family and friends and a performance at a local nursing home. \$5 cash supply fee due at first class.

Ages: 8 - 12 years

Dates: Saturdays, starting January 22

Times: 10:00 -10:55 am

Location: Roosevelt High School
631 Tuckahoe Road

Fee: \$95 for 12 classes, Non-residents: \$120

Teen Theatre

Instructor: Mary Ann Penzero

Participants will engage in Theatre games, improvisation, and scene work from stage and screen. Our performers will develop monologues and scenes based on their own experiences. Stage craft elements including the use of props, costumes, lighting and directing will be introduced. Participants will learn self-expression and performing in a structured environment.

Dates: Saturdays, starting January 22

Ages: 12-17

Time: 10:00 – 11:00 am

Fee: \$95 for 12 classes, Non-Residents: \$120

Location: Roosevelt High School
631 Tuckahoe Road

Theatre for Kids

Instructor: Mary Ann Penzero

Instruction will include Theatre games and improvisation based on themes from stage and screen. Participants will enhance their experience by learning elements of stage craft including simple lighting, props, and costumes. Participants will enjoy performing in a structured environment.

Dates: Saturdays, starting January 22

Ages: 8 -11

Time: 9:00 – 10:00 am

Fee: \$95 for 12 classes, Non-Residents: \$120

Location: Roosevelt High School
631 Tuckahoe Road

Voice for Intermediates & Teens

Instructor: Wendy Mitchell

For students who have taken the Voice for Beginners Class or have other singing experience plus Teens with or without experience. Last class includes a recital for family and friends and a performance at a local nursing home. \$5 cash supply fee due at first class.

Ages: 8 - 17 years

Dates: Saturdays, starting January 22

Times: 11:00 - 11:55 am

Location: Roosevelt High School
631 Tuckahoe Road

Fee: \$95 for 12 classes, Non-residents: \$120



YOUTH/TEEN RECREATION

Theatre for Kids and Pre-teens

Instructor: Mary Ann Penzero

Participants will engage in Theatre games, improvisation, and scene work from stage and screen. Our performers will develop monologues and scenes based on their own experiences. Stage craft elements including the use of props, costumes, lighting and directing will be introduced. Participants will learn self-expression and performing in a structured environment.

Dates: Thursdays, starting January 20

Ages: 8 -14

Time: 4:30 – 5:30 pm

Fee: \$95 for 12 classes, Non-Residents: \$120

Location: Cola Community Center
945 North Broadway

Karate

Instructor: Trent Perri

Learn self-defense movements for mental, physical, and emotional control of the body and mind. Students should wear comfortable clothes and must wear sneakers. New students completing this course will be awarded the rank of Orange Belt. Returning students who complete this course will be awarded the higher Yellow Belt rank. **Supply fee:** \$12 cash due at the first class is required of all students for belt and certificate.

Age/Time: Beginners, 8 - 12 yrs ...9:00 - 10:00 am
Beginners, 5 - 7 yrs.....10:00 - 11:00 am
Returning, 5-12 yrs11:00 - 12:00 pm

Dates: Saturdays, starting January 22

Location: Roosevelt High School
631 Tuckahoe Road

Fee: \$95 for 12 classes, Non-residents: \$120

Tennis for Kids & Teens

Instructors: Jon Lee & Max Sanchez

Join our two tennis "Pros" for beginner classes in a comfortable, socially-friendly environment. Basic instruction in proper grip, forehand, backhand, serving, volleying, scoring, rules, and tennis etiquette. Teen class is for teens with or without experience.

Requirements: wear sneakers and bring your tennis racquet

Ages/Times: 5- 6 years, 9:00 - 9:55 am

10-12 years, 10:00 - 10:55 am

7- 9 years, 11:00 am - 11:55 am

13-16 years, 12:00 - 1:30 pm

Dates: Saturdays, starting January 22

Location: Roosevelt High School
631 Tuckahoe Road

Fee: \$95 for 12 classes, Non-residents: \$120

Teen class is now 90 minutes

Fee is \$140 for 12 classes,

Non-residents: \$165

Ballet & Tap

Instructor: Elisa Bonneau

Vaganova (Russian) technique. Classes teach basic ballet technique, music appreciation, and vocabulary while building self-esteem. Time is spent equally dancing ballet and tap. For students with or without experience. **Attire:** Ballet shoes (Girls – pink, Boys – black) with either leather soles or soles with a leather strip/patch. Everyone needs tap shoes. Girls wear any color long or short-sleeve leotard, pink footed tights. No ballet skirts. Boys wear white T-shirt, boy's black tights. Children should **NOT** wear rings, bracelets or necklaces.

Ages: 5-7 years

Dates: Saturdays, starting January 22

Time: 9:00 - 9:45 am

Location: Roosevelt High School
631 Tuckahoe Road

Fee: \$95 for 12 classes, Non-residents \$120



YOUTH/TEEN RECREATION

Tap & Jazz

Instructor: Elisa Bonneau

Traditional tap and jazz mixed with a Broadway style. Great for children who enjoy dancing! For students with or without experience. **Attire:** Tap shoes plus jazz or ballet shoes (See Ballet & Tap class). Girls wear any color leotard with tights and leggings. No skirts. Boys wear T-Shirt and workout pants. Children should **NOT** wear rings, bracelets or necklaces.

Ages: 5-7 years

Dates: Saturdays, starting January 22

Time: 10:00 - 10:45 am

Location: Roosevelt High School
631 Tuckahoe Road

Fee: \$95 for 12 classes, Non-residents \$120

Ballet, Level 1

Instructor: Elisa Bonneau

Vaganova (Russian) technique. Classes teach basic ballet technique, music appreciation and vocabulary while building self-esteem. For students with or without experience. **Attire:** Ballet shoes with either leather soles or soles with a leather strip/patch. Girls wear black long or short-sleeve leotard, pink footed tights. No ballet skirts, costumes or jewelry. Hair must be tied or pinned back. Children should **NOT** wear rings, bracelets or necklaces.

Ages: 6-9 years

Dates: Fridays, starting on January 21

Time: 5:45 - 6:45 pm

Location: Yonkers Montessori Academy
160 Woodlawn Avenue

Fee: \$95 for 12 classes, Non-residents \$120

Jazz/Lyrical Dance

Instructor: Elisa Bonneau

This jazz class is a combination of Broadway and contemporary styles. A basic, beginner level class for students with some, little or no experience. Students who have previously taken Elisa's Tap & Jazz class and are now 8-12 years old will enjoy this class. Newcomers welcome. **Attire:** Girls wear black jazz shoes and dance tops with leggings or jazz pants. Boys wear black jazz shoes, plain T-shirt (any color), and black pants or shorts. No jewelry please.

Ages: 8-12 years

Time: 11:00 am - 12:00 pm

Dates: Saturdays, starting January 22

Location: Roosevelt High School
631 Tuckahoe Road

Fee: \$95 for 12 classes, Non-residents
\$120

Tap

Instructor: Elisa Bonneau

Beginners learn the fundamentals of tap dancing. Style of Tap will be combination of Broadway and Rhythm tap styles. **Attire:** Comfortable clothing and tap shoes. No jeans, no jewelry, and please have hair ties or pinned back.

Ages: 8-12 years

Dates: Saturdays, starting January 22

Time: 12:00 - 1:00 pm

Location: Roosevelt High School
631 Tuckahoe Road

Fee: \$95 for 12 classes, Non-residents \$120

YOUTH/TEEN RECREATION

NEW

Hip-Hop I for Beginners

Instructor: Elisha Ivory

Learn the latest moves in an energetic, upbeat, but disciplined environment! No experience welcome! Loose clothing and sneakers are required.

Ages: 5-9 years

Dates: Wednesdays, starting January 19

Time: 5:00 - 6:00 pm

Location: Lincoln High School, Room 261
375 Kneeland Avenue, main entrance

Fee: \$95 for 12 classes, Non-residents \$120

NEW

Hip-Hop II for Intermediate/Advanced Dancers

Instructor: Elisha Ivory

Learn the latest moves in an energetic, upbeat, but disciplined environment! Some experience welcome, but not necessary! Loose clothing and sneakers are required.

Ages: 10-14 years

Dates: Wednesdays, starting January 19

Time: 4:00 - 5:00pm

Location: Lincoln High School, Room 261
375 Kneeland Avenue, main entrance

Fee: \$95 for 12 classes, Non-residents \$120

Acoustic Guitar

Instructor: Rob Hall

Beginners Learn the basics from chords and simple strumming to melodies and reading music. Maximum 10 students. Extra cash fee at second class for instruction book. Beginners Plus is for students who have taken this class or have other experience and have begun to learn how to read music notes. **Requirements:** Bring your own guitar.

Dates: Saturdays, starting on January 22

Ages/Times: 9-13 years Beginners, 9:00 - 10:00 am
10-16 years Beg Plus 10:00 - 11:00 am

Fee: \$95 for 12 classes, Non-residents: \$120

Location: Roosevelt High School
631 Tuckahoe Road

Intermediate/Advanced Youth & Teen Guitar

Instructor: Rob Hall

Expand your skills in chords, rhythms, melodies and reading for use in diverse playing styles. Advanced class is for students with more experience and the ability to read music notes. Maximum 10 students. **Requirements:** Bring your own guitar. Extra cash fee at second class for new students to purchase instruction book.

Ages: Both classes 12-17 years

Times: Intermediate, 11:15 am - 12:15 pm
Advanced, 12:15 - 1:15 pm

Dates: Saturdays, starting January 22

Fee: \$95 for 12 classes

Location: Roosevelt High School
631 Tuckahoe Road

See registration details on page 7



YOUTH/TEEN RECREATION

Little Cooks

Instructor: Brenda J. Freeman

These future chefs will enjoy hands-on food preparation while learning how to read and understand recipes. After school snacks such as English muffin pizza, tuna pinwheel bites, a vegetable fried rice dish, and more will give children an understanding of healthy and fun foods. Chefs ages 10 - 12 will also focus on reading measurements and weights, exploring the effect of different cooking temperatures on foods, and expanding their culinary vocabulary. Maximum 10 students in each class. **Supply fee:** \$20 cash is due at the first class. **Requirements:** Bring an apron, smock or over-sized T-shirt to protect clothing. Hair must be tied or pinned back.

Please call 377-6436 after registering to make us aware of any food allergies your child has. This is a 90 minute class.

Ages: 7-9 years

Dates: Wednesdays, starting on February 3

Time: 4:30 - 6:00 pm

Ages: 10-12 years

Dates: Thursdays, starting on February 4

Time: 4:30 - 6:00 pm

Location: TBD

Fee: \$95 for 8 classes, Non-residents: \$120



NEW

Basketball Skills and Drills

Coach Stephvon "Boo" Patnelli

Youngsters will go through various fun basketball drills that improve their skills on the court. All experience levels welcome. Please dress comfortably!

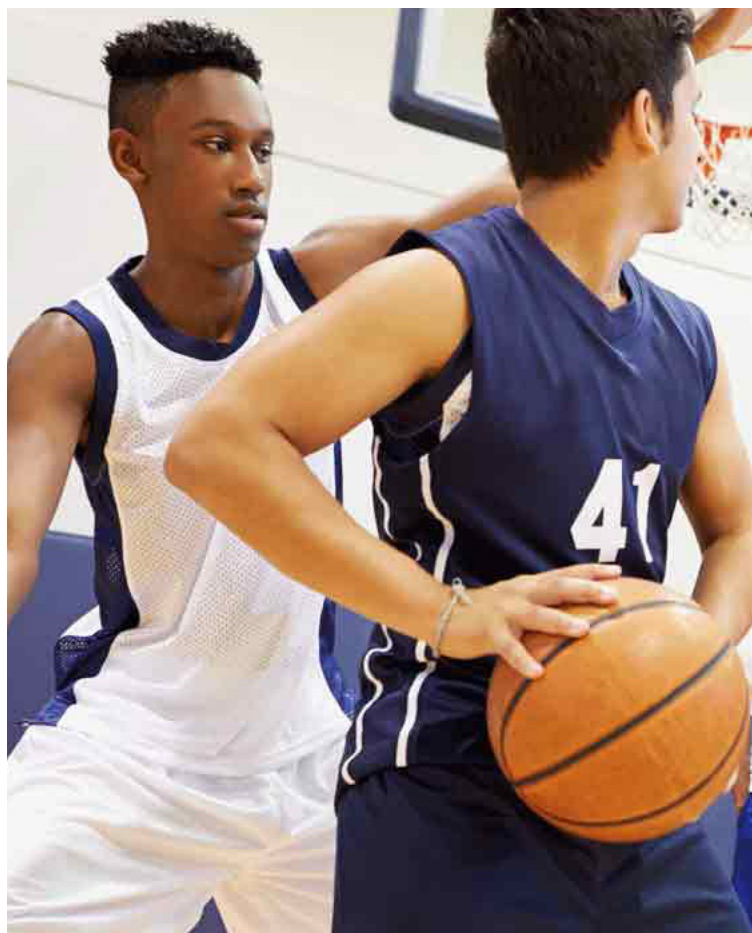
Ages: 8-15 years

Dates: Mondays Starting January 24 or
Fridays Starting January 21

Time: 4:30 pm

Location: Museum School 25 Gym, 579
Warburton Avenue

Fee: \$95 for 12 classes, Non-residents \$120



YOUTH/TEEN RECREATION



Cultivating & Celebrating Science, Technology, Engineering, Math, & Youth Art Month

Instructors: Terrance & Monette Hamilton

Science, Technology, Engineering Art and Math (STEAM) encourages the creatives in all youth. Using everyday household items to create science, digital media, and chemistry experiments are crucial and important to making everyday connections with the world of STEAM, while also building a pathway for personal and academic success.

Math and science are often the two main subjects that young people struggle with. These sessions are not only fun, but educational and unforgettable.

All participants will make their own working aprons to protect their clothing but are encouraged to wear play clothes each session. Maximum of 15 students per class. Supply Fee: \$50 per student due at the first class. Please note these are two hour classes.

9:00am - Youth 7-9 years of age will participate in The Full STEAM Ahead Winter Wonderland Sessions. Activities will include seasonal and

relatable scientific team building games and activities like making snow, clay and clear slime, lava lamps, photography, symmetric and chemical reaction projects and more....

11:00am - Youth 10 -12 years of age will also participate in The Full STEAM Ahead STEAM Winter Wonderland Sessions. Their activities will consist of similar STEAM, including photography but also participate in making their own winter facemask. They will participate in the task of exploring the importance of having an inspirational real-life modern day superhero and reflect on their own inner-superhero qualities. As they think about their own inner-superhero qualities, they consider their own communities, schools and neighborhoods and explore ways to advocate for issues they care most about.

Dates: 10 Saturdays, starting January 22

Location: Roosevelt High School
631 Tuckahoe Road

Fee: \$120 for 10 classes, Non residents \$145



YOUTH/TEEN RECREATION



Red Bulls YOUTH PROGRAMS

Register now for 2022 Red Bulls Soccer Camps

Learn and master skills in a fun environment designed to keep players invested in their own development long after camp ends.
On-line Registration for Spring and Summer begins January 2022.

ALL CAMPERS RECEIVE

- Adidas soccer ball
- Red Bulls T-Shirt
- Certificate of Achievement signed by the Red Bulls team
- Complimentary ticket to a Red Bulls game at Red Bull Arena

Visit www.newyorkredbulls.com/youth/city-yonkers to learn more and register.

For additional information call 888-370-7287 or e-mail: training@newyorkredbulls.com.

Ages/Time: 6-14, 9:00 am - 12:00 noon (Half Day)
or 7-14, 9:00 am - 3:00 pm (Full Day)

Dates:

SPRING BREAK CAMP

One Week: April 11 - 15

SUMMER CAMP

Week #1 June 27 - 30 4 day camp
Week #2 July 5 - 8 4 days
Week #3 July 11 - 15 5 Days
Week #4 July 18 - 22 5 days
Week #5 July 25 - 29 5 days
Week #6 Aug 29 - Sept 2 5 days Pre-Season Training

Location: Fleming Field soccer complex
Fillmore Street, off Prescott Street



YOUTH/TEEN RECREATION

Teen Recreation Centers

A free, drop-in recreation program for Yonkers Residents 13 - 17 years of age. Participants have the opportunity to take part in basketball, board games and other fun activities while socializing in a safe, well-staffed environment.

November 29, 2021 through April 2, 2022

Week Nights: 6:30 - 9:30 pm

Saturdays: 3:00 - 8:00 pm

MONDAY

School 22 - 1408 Nepperhan Avenue

TUESDAY

School 13 - 195 McLean Avenue

WEDNESDAY

School 25 - 579 Warburton Avenue

THURSDAY

Enrico Fermi School - 27 Poplar Street

Hostos School - 75 Morris Street

Cross Hill Academy - 160 Bolmer Avenue

FRIDAY

Hostos School - 75 Morris Street

Enrico Fermi School - 27 Popular Street

Yonkers H.S. - 150 Rockland Avenue

SATURDAY

School 13 - 195 McLean Avenue

School 25 - 579 Warburton Avenue

Dodson School - 105 Avondale Road

For additional information call (914) 377-6439.

2022 U.S. Sports Institute Programs Spring, Summer & Fall

A variety of programs for children ages 2-12.

Parent & Me Squirts (Ages 2-3 with a helping hand from Mom or Dad).

- Soccer
- Multi-Sports
- T-Ball

Sports Squirts (Ages 3 and 4)

- Basketball
- Golf
- Multi-Sports
- Soccer
- T-Ball
- Tennis

For Older Athletes (Ages 5-12 ,varies by program)

- Golf
- Multi-Sports
- Soccer
- T-Ball

Camps and other programs are dedicated to children of all skill levels.

The emphasis is on learning, good sportsmanship, teamwork and, most of all, fun!

Registration begins on January 15.

For more information and to register, visit

www.usasportgroup.com

or call 732-563-2520.



ADULT RECREATION

Adult Open Gym Basketball

A free drop-in open gym basketball program for Yonkers Residents 18+ years of age.

November 29, 2021 through April 2, 2022

Week Nights: 6:30 - 9:30 pm

Saturdays: 3:00 - 8:00 pm

MONDAY

Dodson - 105 Avondale Road

TUESDAY

Yonkers H.S. - 150 Rockland Avenue

WEDNESDAY

Yonkers H.S. - 150 Rockland Avenue

THURSDAY

Yonkers H.S. - 150 Rockland Avenue

FRIDAY

School 13 - 195 McLean Avenue

Cross Hill Academy - 160 Bolmer Avenue

SATURDAY

Enrico Fermi School - 27 Poplar Street

Hostos School - 75 Morris Street

For additional information call (914) 377-6450.



ADULT RECREATION



SHiNE DANCE FITNESS™

Instructor: Denise Velazquez

SHiNE DANCE FITNESS™ is a fun, upbeat workout - the perfect balance of cardio, toning & strength in every class! Every SHiNE routine is designed to get students "out of their head" and into their bodies with original choreography rooted in traditional jazz, ballet & hip-hop. Perfect for beginners and seasoned dancers alike, SHiNE is for everybody and everybody! Please wear comfortable clothes, supportive shoes, bring water & a smile! Mat optional. See you on the dance floor!"

Dates: Tuesdays, starting January 18

Time: 7:00 - 8:00 pm

Location: Yonkers Montessori Academy Auditorium
160 Woodlawn Avenue

Fee: \$95 for 10 classes, Non-residents \$125



SlimFit with a touch of Zumba®

Instructor: Lydia Otero

Get Slim, Get Fit with a touch of Zumba, warm up only, and strength training exercises for every part of your body with squats, lunges, crunches, curls, etc. We tone by using Resistance Tubing (provided in class) & Weights (bring your own 2-5 lbs. and a mat or towel). A touch of Zumba is a great way to sample Zumba for the first time. Come join and get SlimFit

Dates: Mondays, starting January 24

Time: 7:00 - 8:00 pm

Location: Cola Community Center
945 North Broadway

Fee: \$95 for 10 classes. Non-residents: \$125

Dance Exercise with a touch of Zumba® Fitness

Instructor: Diane Capurso

This is dance fitness with lots of fun. Some light kick boxing, line dancing, and weights will be used. Also infused into this cardio dance combo is the Latin/International rhythms and dance steps of Zumba.

Requirements: Bring a light volleyball size ball, mat or towel, and 1-5 lb weights.

Dates: Fridays, starting January 21

Time: 9:30 - 10:30 am

Location: Cola Center at Untermyer Park
945 North Broadway

Fee: \$95 for 10 classes, Non-residents \$125

See registration details on page 7



ADULT RECREATION

NEW

Adult Sketch and Paint

Instructor: Diana Capasso

This class offers broad based beginner techniques where you create your own unique works of art by using multiple sketch techniques along with watercolor wax transfer and acrylic painting methods. A \$20 supply fee due first class

Dates: Wednesdays, starting January 19

Time: 6:30-7:30pm

Location: Cola Community Center
945 North Broadway

Fee: \$95 for 10 classes, Non-residents \$125

Acoustic Guitar

Instructor: Rob Hall

An introduction to Acoustic Guitar for absolute beginners (no experience) and for players with limited experience. Learn to read and play basic notation, melodies, rhythm, and chords. Students must provide their own acoustic guitars. Maximum 10 students. Extra cash fee due at second class for instruction book.

Dates: Mondays, starting on January 24

Time: 6:00 - 7:00 pm

Location: Bronx River Road Community Center
680 Bronx River Road

Fee: \$95 for 10 classes, Non-residents: \$125

NEW

Vinyasa Yoga Flow Open Level

Instructor: Angela Costanzo Paris

An open level, meditative Vinyasa class to mindfully welcome the weekend. This class is designed to foster and honor the intrinsic intersection of the mind, body, and spirit. We will move! We will also aim to feel our bodies in space and find stillness. All are welcome!

Dates: Saturdays, starting January 22

Time: 8:00-9:00am

Location: Cola Community Center
945 North Broadway

Fee: \$95 for 10 classes, Non-residents \$125

NEW

Yin and Restorative Yoga

Instructor: Patricia Villate

In this 60 minute class we focus on going within to stretch beyond our limits. This gentle guided class is an ideal way to reset and refocus in order to approach life with more balance and flexibility. Please bring a mat and any props you may need.

Dates: Wednesdays, starting January 19

Time: 7:30-8:30pm

Location: Cola Community Center
945 North Broadway

Fee: \$95 for 10 classes, Non-residents \$125

See registration details on page 7

ADULT RECREATION

NEW

Shaun V Fitness Camp

Instructor: Shaun Vernon

Let us strive to push yourself to reach your personal goals! Battle ropes, wall balls, ball slams, kettle bells and more are some of the tools used to create an awesome one-hour workout! Working as hard as we can to be healthier and stronger with every class!

Dates: Fridays, starting January 21

Time: 6:30-7:30pm

Location: Yonkers Montessori Academy (small gym)
160 Woodlawn Ave

Fee: \$95 for 10 classes, Non-residents \$125

Tennis

Instructor: Max Sanchez & Jon Lee

Beginners will learn forehand and backhand, strokes, serving, volleying, rules, and tennis etiquette. Intermediates learn court strategies and ground strokes. **Requirements:** Wear sneakers and bring a tennis racquet.

Dates: Wednesdays, starting on January 19

Level/Time: Beginner – 7:00 - 8:00 pm

Intermediate – 8:00 - 9:00 pm

Location: Cross Hill Academy

160 Bolmer Avenue

Use rear entrance driveway,
off western end of Odell Avenue

Fee: \$95 for 10 classes, Non-residents \$125



AQUATICS

The Mark Twain Pool is an approved Training Center for Starfish Aquatics™ Institute and an authorized provider

for Starguard™ & Starfish Swimming™

SWIM PLACEMENT REQUIREMENTS: If your child has not participated in our program, you must bring them to Swim Placement for correct assessment for our swim classes, unless you know they are White/Red (Beginner) in Starfish Swim School, StarBabies, StarTot, and Swim School for Preschool, Teens and Adult swim classes. Please look at class description online for start date.

SWIM PLACEMENT: Tues., Dec. 21, 6:00 - 8:00 pm, Mark Twain Pool, 160 Woodlawn Avenue.

ONLINE REGISTRATION: Tues., Dec. 21, 8:00 pm register.communitypass.net/yonkers. Starfish Swim School® for Youth (Ages 5 – 12) Students work toward development of the five core swimming competencies using age-appropriate learning activities. Learning is selfpaced but challenging. Stages are as follows: White, Red, Yellow, Blue, Green. For Spring 2021 participants only.

Fee: \$120. Non-residents \$150.

All participants MUST PASS EACH COLOR LEVEL before moving on to next level.

CORE SKILL ACHIEVEMENT STAGES					SPECIALTY COURSES	
White	Red	Yellow	Blue	Green	Stroke School	Starfish Swim Clinic
If the student is afraid of water, can't swim at all and will not get face wet... SIGN UP FOR WHITE GROUP	If the student can't swim without support but loves the water, will get face wet and will jump in SIGN UP FOR RED GROUP	If the student is not afraid, can float on front and back and can jump in and return to surface SIGN UP FOR YELLOW GROUP	If the student can swim underwater or on the surface, and can get an occasional breath SIGN UP FOR BLUE GROUP	If the student can tread water for at least 15 seconds, and can swim freestyle with rotary (side) breathing SIGN UP FOR GREEN GROUP	If the student has achieved a GREEN Starfish Swim School Award Patch and needs to learn or refine backstroke, breaststroke, butterfly SIGN UP FOR STROKE SCHOOL	If the student can swim 25 yards freestyle with side breathing, needs to build endurance and wants to learn turns, starts, and swim team training techniques SIGN UP FOR STARFISH SWIM CLINIC

WHITE/RED Mark Twain Pool

Monday

W - 6:05 - 6:35 pm

R - 6:35 - 7:05 pm

Tuesday

W - 6:05 - 6:35 pm

R - 6:35 - 7:05 pm

Wednesday

W - 6:05 - 6:35 pm

R - 6:35 - 7:05 pm

Thursday

W - 6:05 - 6:35 pm

R - 6:35 - 7:05 pm

Saturday

W - 11:00 - 11:30 am

R - 11:30 am - 12:00 pm

YELLOW Mark Twain Pool

Monday

6:35 - 7:05 pm

Tuesday

6:35 - 7:05 pm

Wednesday

6:35 - 7:05 pm

Thursday

6:35 - 7:05 pm

Saturday

11:30 am - 12:00 pm

BLUE Mark Twain Pool

Monday

7:05 - 7:50 pm

Tuesday

7:05 - 7:50 pm

Wednesday

7:05 - 7:50 pm

Thursday

7:05 - 7:50 pm

Saturday

12:00 - 12:45 pm

GREEN Mark Twain Pool

Monday

7:05 - 7:50 pm

Tuesday

7:05 - 7:50 pm

Wednesday

7:05 - 7:50 pm

Thursday

7:05 - 7:50 pm

Saturday

12:00 - 12:45 pm

Classes start the week of January 18th. Please look at your receipt for details.

Limited spots available. Priority registration will be given to the Spring 2020 participants.



AQUATICS

StarBabies™

(Adult & Infant ages 6 months - 18 months)

Days: 8 Fridays, starting on January 21

Time: 6:15 - 6:45 pm

Location: Mark Twain Pool
160 Woodlawn Avenue

Fee: \$110, Non-residents: \$140

StarTots™

(Adult and Toddler ages 18 months - 48 months)

The purpose of the StarBabies and StarTots course is to develop in very young children a high comfort level in the water while at the same time training the adults who accompany them in water safety and drowning prevention. This course does not teach children to become accomplished swimmers or to survive in the water; it does provide a confidence-building, fun, and loving experience. One adult must be in the water with each child. Swim Diapers required.

Days: 8 Fridays, starting on January 21

Time: 6:45 - 7:15 pm

Location: Mark Twain Pool
160 Woodlawn Avenue

Fee: \$110, Non-residents: \$140

Learn To Swim for the Developmentally Disabled

Enjoy a half hour of interactive swim with low staff to participant ratio. This program is designed for the developmentally disabled population. If a child needs a one on one ratio, parent MUST accompany child in water.

Ages: 5 - 16 years old

Dates: 8 Saturdays, starting on January 22

Time: 12:45 - 1:15 pm

Location: Mark Twain Pool
160 Woodlawn Avenue

Fee: \$109, Non-residents: \$134

Starfish Swim School® for Preschoolers

(Ages 3 and 4)

Designed to meet the needs of children ages 3 & 4, this course will develop a high comfort level in the water and a readiness to swim and for those children who are developmentally ready, it will teach functional swim skills. This teaches swimming through creative, fun activities in the water. Students work toward developing the five competencies and progress toward achieving the benchmarks at their own pace in a small-group setting.

Days: 8 Mondays, starting on January 24
8 Tuesdays, starting on January 18
8 Wednesdays, starting on January 19
8 Thursdays, starting on January 20
8 Saturdays, starting on January 22

Time: Monday 6:05 - 6:35 pm
Tuesday 6:05 - 6:35 pm
Wednesday 6:05 - 6:35 pm
Thursday 6:05 - 6:35 pm
Saturday 11:00 - 11:35 am

Location: Mark Twain Pool
160 Woodlawn Avenue

Fee: \$120, Non-residents: \$150



AQUATICS

Starfish Stroke School®

This course is for students of all ages who have achieved the Green Stroke School benchmarks. Students refine freestyle and learn stroke technique for backstroke, butterfly, breaststroke, and develop endurance.

Stages are as follows: White, Red, Yellow, Blue, and Green. All participants MUST PASS Swim School Green in order to register for stroke school OR have been water tested.

Please look at class description on registration website for start dates.

Location: Mark Twain Pool
Yonkers Montessori Academy
160 Woodlawn Avenue

Fee: \$120, Non-residents: \$150

Starfish Swim Clinic™

This course is for students of all ages who have achieved the Green Stroke School benchmarks. Students learn and refine the competitive strokes plus develop an understanding of basic training principles such as using a pace clock, starts and turns, and racing. This program is a great introduction to competitive swimming in a low-key environment.

Days: 8 Saturdays, starting on January 22 and 8 Tuesdays starting January 18

Time: 12:00 - 12:45 pm

Location: Mark Twain Pool
Yonkers Montessori Academy
160 Woodlawn Avenue

Fee: \$150, Non-residents: \$180

Starfish Swim/Stroke School® for Teens (Ages 13-17)

This course is designed to improve comfort and skill in the water, regardless of past swimming experience. Students work toward developing

the five basic core swimming competencies using principles of adult learning. Stroke School will teach / refine all four competitive strokes.

Days: 8 Saturdays, starting on January 22

Time: Swim School - Sat., 11:00 - 11:45 am
Stroke School - Sat., 12:00 - 12:45 pm

Location: Mark Twain Pool
160 Woodlawn Avenue

Fee: \$120, Non-residents: \$150

<p>White (Freestyle) Red (Backstroke) <i>Must pass ALL swim school benchmarks in order to register</i></p> <p>Monday W 6:15 - 7:00 pm</p> <p>Tuesday W/R 6:15 - 7:00 pm</p> <p>Wednesday W/R 6:15 - 7:00 pm</p> <p>Thursday W/R 6:15 - 7:00 pm</p> <p>Friday R 6:15 - 7:00 pm</p> <p>Saturday W 11:00 - 11:45 am R 11:00 - 11:45 am</p>	<p>Yellow (Butterfly) Blue (Breaststroke) *Green (Endurance) <i>*Must pass W/R/Y/B stroke benchmarks in order to register</i></p> <p>Monday Y 7:05 - 7:50 pm B 7:05 - 7:50 pm</p> <p>Tuesday *G 7:05 - 7:50 pm</p> <p>Wednesday Y/B 7:05 - 7:50 pm</p> <p>Thursday *G 7:05 - 7:50 pm</p> <p>Friday Y 7:00 - 7:45 pm</p> <p>Saturday B 12:00 - 12:45 pm *G 12:00 - 12:45 pm</p>
SPECIALTY COURSES	
Stroke School	Starfish Swim Clinic
If the student has achieved a GREEN Starfish Swim School Award Patch and needs to learn or refine backstroke, breaststroke, butterfly	If the student can swim 25 yards freestyle with side breathing, needs to build endurance and wants to learn turns, starts, and swim team training techniques
SIGN UP FOR STROKE SCHOOL	SIGN UP FOR STARFISH SWIM CLINIC

AQUATICS

HydroRevolution® Total Body Workout

The Hydro Revolution Total Body Workout Program has been designed to take your overall fitness to the next level! Incorporated in the workout are Aqualogix and Aquastrength® Bells and Lower Body Fins.

The workout consists of a dynamic flexibility warm up, strength & stability component which targets your total body before finishing off with a dynamic flexibility cool-down. The exercises in this program are very challenging and will completely work your overall stability, balance, coordination and movement patterns. Amazing workout!

For more information visit www.hydrorevolution.com.

Dates: 8 Mondays, starting January 24

Time: 8:00 - 8:45 pm

Location: Mark Twain Pool
160 Woodlawn Avenue

Fee: \$120, Non-residents: \$150

Evening Lap Swim

Work out or leisure swim at your own pace. Must circle swim if more than two persons in a lane.

Dates: 8 weeks starting on Tuesday, January 18

Times: Mon./Wed./Fri. 8:00 - 9:30 pm
Tues./Thurs. 8:45 - 9:45 pm

Location: Mark Twain Pool
Yonkers Montessori Academy
160 Woodlawn Avenue

Fee: \$108, Non-residents: \$124

Deep H2O Aquafit

Enjoy fabulous exercise in deep water with emphasis on lower body. Buoyant/resistance equipment provided or bring your own! You must be comfortable in the deep end of the pool.

Dates: 8 Wednesdays, starting on January 19

Time: 8:00 - 8:45 pm

Location: Mark Twain Pool
Yonkers Montessori Academy
160 Woodlawn Avenue

Fee: \$120, Non-residents: \$150

Low Impact Aquafit

Aquatic cardio and strength exercises with emphasis on minimal joint impact. Great class!

Dates: 8 Saturdays, starting on January 22

Time: 10:00 - 11:00 am

Location: Mark Twain Pool
Yonkers Montessori Academy
160 Woodlawn Avenue

Fee: \$120, Non-residents: \$150

Senior Fit & Fabulous

Low impact aquacise for the young at heart. Water truly heals the body and soul! Age: 55+

Dates: 8 Saturdays, starting on January 22

Time: 10:00 - 11:00 am

Location: Mark Twain Pool
Yonkers Montessori Academy
160 Woodlawn Avenue

Fee: \$75, Non-residents: \$90



AQUATICS

Starfish Swim School® for Adults (Ages 18+)

This course is designed to improve comfort and skill in the water, regardless of past swimming experience. Students work toward developing the five basic core swimming competencies using principles of adult learning.

Dates: 8 Tuesdays starting January 18 or
8 Saturdays starting on January 22

Time: Tues. 8:00 - 8:45 pm
Sat. 11:00 - 11:45 am

Location: Mark Twain Pool
Yonkers Montessori Academy
160 Woodlawn Avenue

Fee: \$120, Non-residents: \$150

Starfish Stroke School® for Adults (Ages 18+)

Students refine freestyle and learn stroke technique for butterfly, backstroke, breaststroke, and develop endurance.

Dates: 8 Wednesdays starting January 19

Time: 8:00 - 8:45 pm

Location: Mark Twain Pool
Yonkers Montessori Academy
160 Woodlawn Avenue

Fee: \$120, Non-residents: \$150

Aqua Zumba®

Integrating the Zumba® philosophy with traditional aquatic fitness disciplines, Aqua Zumba® blends it all together for a great fun workout. Just add water!

Dates: 8 Thursdays, starting on January 20

Time: 8:00 - 8:45 pm

Location: Mark Twain Pool
Yonkers Montessori Academy
160 Woodlawn Avenue

Fee: \$120, Non-residents: \$150



AQUATICS

Yonkers Masters Swim Club (Ages 18+)

Enjoy friendship and camaraderie as you improve your technique, stroke and conditioning through organized workouts; geared for the fitness swimmer to the serious competitor. Registered United States Masters Swim Team; member LMSC. For more detailed information, visit www.yonkersmasters.com.

Dates: Year-round program

Times: Tues./Thurs. 8:00 - 9:30 pm
Saturday 9:30 - 11:00 am

Fee: \$109, Non-residents: \$134

Location: Mark Twain Pool
Yonkers Montessori Academy
160 Woodlawn Avenue

Recreation Open Swim

Open recreation swim. All parents must accompany children in water.

Dates: 8 Fridays, starting on January 21

Time: 7:45 - 9:30 pm

Fee: Adult \$65 Child \$35
Non-residents: Adult \$90 Child \$60

Location: Mark Twain Pool
Yonkers Montessori Academy
160 Woodlawn Avenue

STARGUARD™ Lifeguard Training (Ages 16+)

Starfish Aquatic Institute (SAI) participants must successfully complete lifeguard training, first aid, AED, and CPR. For more information, please call 377-6439.

Day/Time: Wednesdays, 6:00 - 9:00 pm and
Saturdays, 12:00 - 2:00 pm

Pretest: Wednesday, January 19 at 7:00 pm
Program starts January 22

CONDORS SWIM CLUB IN YONKERS



From Beginner to National Level:

- Build confidence and self-esteem
- Better concentration in school and in team sports
- Learn and develop all four competitive strokes
- Increase balance, coordination, and all around fitness levels
- Train with Coaches and Swimmers who have achieved Olympic Trials and Nationals time standards, as well as Zone Team qualifiers and Junior Olympic qualifying athletes!

Contact Us:

Jon Hulbert, Mark Twain Head Coach

Phone: 845-638-4381 Ext. 704

Email: Jon@SwimCondors.org

Mark Twain Pool

Yonkers Montessori Academy
160 Woodlawn Avenue, Yonkers, NY 10704

www.SwimCondors.org



**CONDORS
TSUNAMI**
YONKERS SWIMMING



**AMERICA'S
SWIM TEAM**



EDWARD J. MURRAY MEMORIAL SKATING CENTER

(914) 377-6469 • 348 Tuckahoe Road • Yonkers, NY 10710

Public Skating Admissions

General Admission..... \$11.00

Senior Citizen \$3.00

Skate Rental \$6.00

BIRTHDAY PARTIES

Celebrate your birthday
with an ice skating party!

For more information,
please call (914) 377-6469.

Public Skating Sessions

Tuesday, Wednesday & Thursday

10:00 am – 12:00 pm

Friday

10:00 am – 12:00 pm & 8:30 – 10:30 pm

Saturday

12:00 – 2:00 pm & 8:30 – 10:30 pm

Sunday

1:00 – 3:00 pm

Please call the rink for holiday hours and closures

Semester II: January 2022 – April 2022

Classes offered Saturdays & Sundays

ICE RENTAL TIMES AVAILABLE!

The Rink is available to rent for all your event needs.

For more information, please call (914) 377-6469.

The Ice Skating Institute Method: All students begin lessons at the Tot, Skate 1, or 2 Level learning basic skills necessary to progress to Alpha Level and beyond. Each level contains specific components as listed and tests are given at regular intervals to enable students to reach the next level.

Register in person or by calling 914-377-6469

Tot/Skate 1 "Trial" Evaluation Class

Ages: 4 - 14 years – (First time skaters)

Fee for Trial Class: \$15

Pre-registration is REQUIRED for the Trial Lesson.

Tot Class

Ages: 4 - 6 years - Beginners

Skate 1 and Skate 2 Class

Ages: 7 – 14 years

Skate 1 – Beginners

Skate 2 – Returning Students

TOT, SKATE 1 & SKATE 2 CLASSES

Dates: Sundays, starting January 9
Saturdays, starting January 8
Classes 1/2 hour in length

Times & Fees: Sunday, 10:50 am - 11:20 am
11:20 am - 11:50 am
14 weeks - \$210

Saturday, 9:45 am - 10:15 am
10:15 am - 10:45 am
14 weeks - \$210



EDWARD J. MURRAY MEMORIAL SKATING CENTER

Alpha, Beta, Gamma and Delta Classes

Dates: Saturdays, starting January 8

Time: 9:15 am - 9:45 am

Fee: \$224 - 14 weeks
Classes 1/2 hour in length

Gamma Delta Freestyle 4 – 8 Classes

Dates: Saturdays, starting January 8

Level/Times: G/D Freestyle 1-3, Saturday, 8:30 - 9:15 am
G/D Freestyle 4-8, Saturday, 7:45 - 8:30 am

Fee: \$252 - 14 weeks
Classes 45 minutes in length

Adult Open Hockey

Players may participate in an open scrimmage or practice workout during various times throughout the winter season. Equipment required! Goalies skate free!

Dates: Tuesdays & Thursdays, All season
12:15 pm - 2:15 pm
Fridays and Saturdays, All season
10:40 pm - 12:40 am

Ages: 18+ years
Fee: \$20, per person/per session





HOCKEY IS HAPPENING

- JOIN US AT CONVENIENT LOCATIONS ACROSS THE TRI-STATE AREA •
- FREE, NEW EQUIPMENT FOR FIRST TIME PARTICIPANTS • SCHOLARSHIPS AVAILABLE •

LEARN TO PLAY (AGES 5-10)

Get to know the game plus all the gear you need to play. Skating, shooting, handling, passing, and teamwork are just a few of the basics covered in the 10-week program.

- FREE head-to-toe equipment, including skates, for first timers
- Gear fitting
- 10 weeks of ice time
- 1-hour sessions
- Professional instruction alongside NYR Staff and Rangers alumni

ROOKIE LEAGUE (AGES 5-14)

Got the basics covered? Time to add a little friendly competition to the mix. This affordable, age-appropriate league will help kids grow their game and take the fun to the next level.

LIMITED TRAVEL LEAGUE | \$295 INCLUDES:

- Official Junior Rangers team jersey
- 10 Games (5 home, 5 away) coached by NYR Staff
- Close & convenient locations partnered together
- NYR Alumni Appearances

IN-HOUSE PROGRAM (10U) | \$395 INCLUDES:

- Official Junior Rangers team jersey
- 10 Games and 10 Practices led by NYR Staff
- All games hosted at your local rink

Learn more and sign up at newyorkrangers.com/rookies

PROJECT FRIENDSHIP

Project Friendship is a group oriented program for ages 5 and above with developmental disabilities. Please note all participants need to be interviewed by Recreation Supervisor. We do not offer 1:1 services for participants of the program. If your child needs additional support you are required to attend and interact with them. For all school aged/workshop participants an Individual Evaluation Plan and/or Individual Service Plan is required for acceptance into the program. We encourage all participants to have OPWDD eligibility. The City of Yonkers is a waiver program. All participants must be toilet trained. Please call (914) 377-6438 with any questions. Fees (per participant): Yonkers Residents \$175. Non-residents \$360. Any group home individual \$335. Please note: There will be an additional fee for bowling and some special events planned during the course of the year. Please note - if the participant is on the Medicaid waiver an ISP addendum and an approval letter needs to be submitted. No admission or readmission to this program is final until determined by the Parks Department.

ART THERAPY

Participants learn about self expression and creative arts during the fun-filled hour. Activities include: painting, crafts and sculpting.

Age: Children and Teens

Day: Program meets twice a month on Saturdays

Time: 2:00 – 3:00 pm

Location: Bronx River Road Community Ctr.
680 Bronx River Road

DELIGHTFUL DINING

Enjoy a wonderful hour of simple but delicious food and etiquette. This will definitely be a program all will enjoy.

Age: Children and Teens

Date: Program meets twice a month-first and third Saturdays

Time: 2:00 – 3:00 pm

Location: Bronx River Road Community Ctr.
680 Bronx River Road

HERO TENNIS

This program is designed to promote a participant's coordination and agility skills.

Age: Children, Teens, Teens and Adults

Days: Program meets weekly on Saturdays

Time: 11:00 – 12:00 pm

Location: Bronx River Road Community Ctr.
680 Bronx River Road

MUSIC THERAPY

Participants will use music to explore and improve physical, psychological, cognitive and social functioning

Age: Children and Teens

Day: Program meets twice a month every other Saturday

Time: 2:00 – 3:00 pm

Location: Bronx River Road Community Ctr.
680 Bronx River Road

SPECIAL OLYMPICS

Supervised sports instruction will be offered to participants who meet eligibility requirements for the Westchester/Putnam Special Olympics. The program is offered to Teens and adults during the months of October through mid-May.

Age: Teens and Adults

Day: Saturdays

Time: 9:00 – 11:00 AM

Location: Montessori 11 Gym
160 Woodlawn Avenue

STORYTELLING

Join us as we read our all-time favorite stories! Parents and participants are encouraged to bring in stories as well!

Age: Children and Teens

Day: Saturdays

Time: 12:30 – 1:00 pm

Location: Bronx River Road Community Ctr.
680 Bronx River Road

THEATRE WORKSHOP

Learn the wonderful craft of drama, self-expression and miming.

Age: Children and Teens

Day: Program meets twice a month on Saturdays

Time: 12:30 – 1:00 pm

Location: Bronx River Road Community Ctr.
680 Bronx River Road

YOUNG ADULTS CLUB

A social program for developmentally disabled Teens through adult years. Activities include: going to the movies, dine-outs, dance therapy, exercise, entertainment, art, dancing and much more.

Age: Teens and Adults

Day: Tuesdays

Time: 6:00 – 7:30 pm

Location: Bronx River Road Community Ctr.
680 Bronx River Road

ZUMBA

This fabulous program promotes self-esteem, morale and worth for all who attend. This motivational program will benefit all that attend.

Age: Children and Pre-teens

Day: Program meets twice a month on Fridays

Time: 1:00 – 2:00 pm

Location: Bronx River Road Community Ctr.
680 Bronx River Road

A multitude of special event activities will be planned throughout the year. For additional information please call 377-6438.

PLEASE NOTE: Project Friendship programs begin the second week in October.



SENIOR CITIZEN RECREATION

The Yonkers Senior Centers are located throughout the city. Senior Citizen Recreation is free for all Yonkers residents 60+ years and \$25 per year for Non-residents. Each Senior Center is completely different. When visiting a Senior Center ask to see the Leader. The Specialist Programs are free recreation classes including fitness and artistic classes. This program is open to residents 60+ years. Registration is not required. Simply drop in and take a class.

For more information on our senior programs, classes, and events call 377-6442.

SENIOR GROUP #2

Grinton I. Will Library - Senator Flynn Room

1500 Central Park Avenue

Phone: 337-1500, press 348

Monday – Friday 12:30 – 4:30 pm

This site is in a small room which allows for a coffee hour, card playing and Mahjong.

SENIOR GROUP #3

Bernice Spreckman Community Center – 777 McLean Avenue (TEMPORARILY CLOSED)

Phone: 377-6472

Monday – Friday 12:00 – 4:00 pm

This is a multi-room site which allows for many different activities: billiards, bingo, sing-along, sewing and crafts, card playing, movies, exercise, yoga, line dancing, shuffleboard, bocce, intergenerational program, coffee hour and organized parties.

SENIOR GROUP #4

Charles Cola Community Center – 945 North Broadway

Phone: 377-6483

Mondays, Wednesdays, and Fridays 12:30 – 4:30 pm

This site offers arts and crafts, bridge, bingo, card playing, drawing, and many parties.

SENIOR GROUP #6

Bryn Mawr Church Hall – 20 Buckingham Road

Phone: 377-6478

Mondays and Wednesdays 12:00 – 4:30 pm

This site offers bingo, exercise and many parties.

SENIOR GROUP #7

St. Mark's Hall – 1373 Nepperhan Avenue

Phone: 377-6479

Tuesdays and Fridays 11:30 am – 4:30 pm

This site offers bingo, card playing, watercolor painting classes, and parties.

SENIOR GROUP #8

Runyon Heights Community Center – 21 Runyon Avenue

Phone: 969-2733

Wednesdays 11:30 am – 4:30 pm

This site offers card playing, Tripoly, exercise, bingo, and parties.

SENIOR GROUP #10

Bronx River Road (Scotti) Community Center –

680 Bronx River Road

Mondays – Fridays 11:30 – 3:30 pm

Phone: 377-6486

This site offers bingo, card playing, exercise, arts and crafts and parties. *Lunch program available through Office for the Aging, call 377-6822.

SENIOR GROUP #12

Nodine Community Center – 140 Fillmore Street

Phone: 377-6475

Mondays – Fridays 12:00 – 4:00 pm

This is a multi-room site which offers: billiards, bingo, card playing, exercise, yoga, line dancing, watercolor, bocce, computer classes, and a coffee hour.

SENIOR GROUP #15

Nepperhan Community Center – 342 Warburton Avenue

Phone: 965-0203

Tuesdays and Thursdays 12:00 – 4:00 pm

This site offers Pokeno, Tripoly, exercise and crafts.

*Lunch program available through Office for the Aging, call 377-6822.

SENIOR GROUP #16

Our Lady of Fatima – 5 Strathmore Road

Phone: 255-4269

Mondays and Tuesdays

12:00 – 4:00 pm

This site offers Mahjong, art, and exercise classes

SENIOR CITIZEN RECREATION



Bingo is held at the various senior centers and open year round to Yonkers Residents 60 years and older. Bingo schedule subject to change. Please call ahead center to confirm schedule.

TUESDAY

Nodine Hill Community Center

140 Fillmore Street
1:00 pm
377-6475

St. Mark's Church Hall

1373 Nepperhan Avenue
1:00 pm
377-6479

WEDNESDAY

Bryn Mawr Church Hall

20 Buckingham Road
1:00 pm
377-6478

Nodine Hill Community Center

140 Fillmore Street
12:30 pm
377-6475

Runyon Heights Community Center

21 Runyon Avenue
1:00 pm
969-2733

[once a month usually the 3rd Wednesday of the month]

FRIDAY

Bronx River Road Community Center*

680 Bronx River Road
1:00 pm
377-6486

** There is also bingo before the 12:00 noon lunch program. Lunch program available through Yonkers Office for the Aging. For information please call 377-6822.*



SENIOR CITIZEN RECREATION

HEALTH & WELLNESS

Registration is free! Please register in person on the first day of the class. We reserve the right to cancel any class due to lack of enrollment. Inclement weather? Call the hotline (914) 377-6454 one hour prior to the scheduled class or center opening. For more information on Senior Programs please call (914) 377-6442.

MONDAYS

ACTIVE HEALTHY HEARTS

Instructor: TBD
12:45 - 1:45 pm, starting February 28
Our Lady of Fatima
5 Strathmore Road

TUESDAYS

EXERCISE

Instructor: Cathy McMahon
11:00 am - 12:00 pm, starting February 8
Nepperhan Community Center
342 Warburton Avenue

WEDNESDAYS

YOGA

Instructor: Gabriel Cruz
11:00 am - 12:00 pm, starting February 9
Bryn Mawr Church
20 Buckingham Road

YOGA

Instructor: Gabriel Cruz
12:15 - 1:15 pm, starting February 9
Runyon Heights Community Center
21 Runyon Avenue

YOGA

Instructor: Gabriela Cruz
1:30 - 2:30 pm, starting February 9
Nodine Hill Community Center
140 Fillmore Street

TAI CHI

Instructor: Alex Lamas
10:00 - 11:00 am, starting February 9
Nodine Hill Community Center
140 Fillmore Street

THURSDAYS

SILVER STARS WALKING AND EXERCISE

Instructor: Cathy McMahon
10:00 - 11:00 am, starting April 14 (skips 5/9)
Tibbetts Brook Park - Meet in Gazebo closest to the entrance parking lot. The program combines walking, exercise and socializing for one hour. Walk at your own pace with the group and make some new friends!

FRIDAYS

ACTIVE HEALTHY HEARTS

Instructor: TBD
11:00 AM - 12:00 pm, starting February 18
Charles A. Cola Community Center
945 North Broadway

EXERCISE

Instructor: Cathy McMahon
12:00 - 1:00 pm, starting February 18
St. Mark's Church Hall
1373 Nepperhan Avenue

ACTIVE HEALTHY HEARTS

Instructor: Kimberly Caso
12:45 - 1:45 pm, starting February 18
Bronx River Community Center
680 Bronx River Road

TAI CHI

Instructor: Alex Lamas
10:00 am - 11:00 pm, starting February 11
Nodine Hill Community Center
140 Fillmore Street



SENIOR CITIZEN RECREATION

ART & DANCING

MONDAYS

LINE DANCING

Instructor: Diane Capurso
12:00 - 1:00 pm, Beginners/Intermediate
March 14 - June 13 (No classes April 11 & May 30)
Bernice Spreckman Community Center - Outdoor
777 Mclean Avenue

TUESDAYS

LATIN MIX DANCING

Instructor: Ike Leong
11:30 am - 12:30 pm, starting February 8
St. Mark's Church Hall
1372 Nepperhan Ave

THURSDAYS

LATIN MIX DANCING

Instructor: Ike Leong
10:30 am - 11:30 pm, starting February 10
Nodine Hill Community Center
140 Filmore St.

FRIDAYS

LINE DANCING

Instructor: Diane Capurso
10:45-11:45, Intermediate
February 18 - June 3 (No classes Feb. 25, March 18, April 15 & 29)
(Must pre-register online or by phone)
Charles A. Cola Community Center - Indoor/outdoor
945 North Broadway

MORE LINE DANCING

Instructor: Diane Capurso
12:15 - 1:30 pm, Advanced
February 18 - June 10 (No classes Feb. 25, March 18, April 15 & 29)
Nodine Hill Community Center - Indoor
140 Filmore Street

THE ART OF SKETCHING WITH DIANA CAPASSO

Instructor: Diane Capasso
A drawing course for all those in search of developing their creative drawing process. Explore your creativity and learn with the most creative professionals.
1:00 - 2:00 pm
Mondays and Wednesdays, starting February 7
WebEx
Meeting Number 2634 550 4454
Password: Welcome



COYNE PARK RIFLE & PISTOL RANGE

**771 McLean Avenue
Yonkers, NY 10704
(914) 377-6488
www.coyneparkrange.net**

The Coyne Park Range is an indoor shooting range conveniently located in southeast Yonkers. A public range welcome to all recreational shooters and law enforcement personnel.

If you haven't yet taken the initial step, come join us, and see what you've been missing. Our range accommodates all handgun calibers, as well as .22 caliber rifles, and carbine rifles chambered for standard handgun ammunition (no magnum rounds permitted for any firearms at this time).

Hours of Operation November 8 thru March 31

Mondays & Wednesdays: 4:00 - 9:00 pm

Fridays: 10:00 am - 10:00 pm

Saturdays & Sundays: 12:00 - 6:00 pm

Closed on Tuesdays & Thursdays

Hours of Operation April 1 thru November 30

Mondays & Wednesdays: 10:00 am - 10:00 pm

Tuesdays & Thursdays: 5:00 pm - 10:00 pm

Closed on Friday, Saturday & Sunday

Residents \$20 per hour, Non-residents: \$25 per hour
Yearly memberships available, Residents \$300, Non-residents \$375
Eye and Ear Protection: \$3 each
Rifle Rental: \$75 per person includes 100 rounds of ammunition,
eye and ear protection, instruction, and one hour admission.

NRA First Steps

Our National Rifle Association (NRA) First Steps Pistol and Rifle courses are for people who own a firearm. This course is offered by appointment only and typically involve one-on-one instruction.

Pistol Safety Course Special

Fee: \$175 for Residents and Non-residents. Everyone must pre-register. **Range membership:** \$150 for Yonkers Residents, \$375 for Non-residents. Please call (914) 377-6488 for class information.



**1000 Ridge Hill Boulevard
Yonkers, NY 10710
(914) 377-6730**

Hours of Operation

11:00 am to 4:00 pm

Adoption fees: Cats \$65 • Dogs \$80

Interested in adopting?

We are always in search of new homes for all of our wonderful pets, both cats and dogs. These animals are asking for a chance to show you their affection and love. If you are interested in a pet, please consider meeting our beautiful animals. A staff member is available to discuss our adoptable animals with you. Potential adopters are required to fill out our preadoption form, which can be done at the shelter.

Adoptions include:

Spaying and neutering
Distemper shot
De-worming
Rabies shot
Dog License
and a free examination with
a participating veterinarian





Yonkers Youth Bureau

285 Nepperhan Avenue | Yonkers, NY 10701

914.377.6443

youthbureau@yonkersny.gov
www.yonkersny.gov/youthbureau



MAYOR MIKE SPANO



The newly reinstated Yonkers Youth Bureau's mission is to serve Yonkers youth and their families through community development, advocacy, and prevention, strengthening the overall community. The Yonkers Youth Bureau will work to educate youth and their families with a focus on wellness, mental health awareness, career development, and other critical life skills to develop youth into productive members of the community.

Follow us today:



yonkersyouthbureau





City of Yonkers
Department of Parks, Recreation & Conservation

285 Nepperhan Avenue Yonkers, New York 10701

www.yonkersny.gov

register.communitypass.net/yonkers



RETURNING IN 2022

OFFICIAL DATE TBD



cityofyonkers
mayormikespano



mayormikespano



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@cityofyonkers914